



SPECIAL POINTS OF INTEREST:

- Recipes
- Humorous Happenings
- Q & A
- Meet some of our FRG Members
- FRG Staff List

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"WARPATH"

VOLUME 1, ISSUE 1

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"You Didn't Tell Me"

*You told me about the long shifts, the days and the nights.

*You told me about the Commanders and their lovely wives.

*You told me about the Chain of Command, and how I would live by it too.

*But you didn't tell me how proud of you I would be.

*You told me about the temporary duty and the many moves.

*You told me about overseas tours.

*You told me about payday, and how we would stretch the dollar.

*But you didn't tell me about the honor I would feel.

*You told me about the wives'

clubs and family support.

*You told me about base housing, and how no two are alike.

*You told me about Tricare.

*But you didn't tell me that at the start of "God Bless the USA" I would shed not one, but many tears.

*You told me about how we might not be together for the holidays.

*You told me about the commissary and PX.

*You told me we'd need more than one set of curtains.

*But you didn't tell me how our children would look up to you, and want to be like Dad.

*You told me about the hard times, and that we would have many.

*You told me about the stress of being a military spouse.

*You told me that sometimes I would be a single parent.

*But you didn't tell me that when I saw your uniform in the laundry, I would swell up with respect.

*You didn't tell me how much a part the military would play in our lives, and how I would never want it any other way!

**This is an excerpt from
"Chicken Soup for the Military Wife's Soul"**

Written by Donna Porter

Commander's Corner

Greetings,

While CPT Wayne is busy leading the Company at NTC, I would like to introduce myself to the Family Readiness Group. My name is 2LT Jeffrey Warstler. I am the rear detachment Commander. My wife, Mary, and I are new to the Army and FRGs. Even though we are new we have a great appreciation for the hard work and dedication of this FRG to the families in this Company. Let me fill you in on what has been going on this month.

It's been another whirlwind month for the Warpath. The

main body of the Company is enjoying a successful rotation at the National Training Center. Meanwhile, the rear detachment is busy laying the groundwork for receiving the Soldiers and equipment later this month. Whether deployed or not, the Soldiers of the Warpath are continuing to work hard to obtain their present level of excellence.

I believe this great Warpath spirit is carrying over into the FRG. Attendance at the last meeting was great even though most of the Soldiers were deployed. I really

enjoyed seeing you and talking to you at the ice cream social. Hopefully, there are even more new people at the next get-together. Please remember that this is your FRG. It is here for you while you are at Fort Hood whether your Soldier is deployed or not. Make the most of it.

Thank you for allowing me to introduce myself and explain what the Warpath has been up to this month. I look forward to seeing each and every one of you at Fuddruckers or the hangar when the Company returns from NTC. **WARPATH!**

--2LT Jeffrey Warstler

FRG Leader's Note

Just a reminder about our "Welcome Home from NTC" FRG meeting on Tuesday, September 6th at 6:30pm at Fuddruckers located in the parking lot of the Killeen mall. Hope to see everyone there!

First Sergeant's Spot

So here it is. Another Warpath News letter. A lot has gone on since the last one. The Mighty Warpath soldiers conducted Rail Load Ops for the movement to the National Training Center with outstanding results. As I am writing this letter our soldiers are done with "The Box" and getting ready to redeploy back here to friends and family at Ft Hood. I have only received a couple of feedback comments from NTC but I know I can safely say our soldiers did an outstanding job! While most of the Company was kicking butt and taking names at the NTC the company's requirements to support the Battalion

and Brigade continued to grind on, we had some outstanding young soldiers step up and serve as Platoon Sergeants, PFC Simpson, PFC Alvarado and PFC Lee did an outstanding job and now have a new found appreciation for their PSGs!! I would be remiss if I did not thank the FRG for all the help while the Company was gone. Cindy, Thank You, everything you and the FRG do for the soldiers and families became very clear once everyone got on that plane, again THANKS. I would like to take this opportunity to introduce the new Warpath First Ser-

geant, ISG McElroy, he is returning to Ft Hood and his family from Korea. To his wife Cindy and their children Anthony, Heath, Jennifer and Brad Welcome to the Warpath Family. ISG McElroy will assume the duties as First Sergeant soon. Top, good luck, the Warpath train is moving FAST but you have a strong Company and we'll done fine. To ISG Bailey and his wife Victoria we bid you a found farewell and wish you the best with the Black Dragons. I am sure you will miss the muscle of Warpath but were just a call away.

--SFC Laffin (two F's!)

Warpath Events

Welcome Home! September 1

Main body (those that left on Aug 7) returns home from NTC around 1:00pm at the Hanger.

Welcome Home! September 3

Advanced Party (those that left on Aug 3) returns home from NTC around midnight at the Hanger.

FRG Meeting (Welcome Home from NTC) September 6 6:30 until ?

At the Fuddruckers off of 190 in the parking lot of the mall. Business will be conducted the first 20-30 minutes, then we can socialize! DOOR PRIZES WILL BE GIVEN AWAY!!

BDE Pre-Deployment Brief September 13

Arrive at 6:00pm
Brigade Pre-Deployment Brief

at the Christian House of Prayer located on Stan Schluter. Child Care is provided for free on site (but you MUST have you're child's name and age turned into Cindy or Niki to save their spot, and have the STACC forms with you when you arrive) .

Ft. Hood Hunting & Fishing Day September 24.

At the Sportsmen's Center. Come out and enjoy fishing, archery, target shooting and barbeque!

"Hood
Howdy...
Teen
Dances...
FRG
Meeting"



Humorous Happenings

SMART SOLDIER:

As a group of soldiers stood in formation at an Army Base, the Drill Sergeant said, "All right! All you idiots fall out." As the rest of the squad wandered away, one soldier remained at attention.

The Drill Instructor walked over until he was eye-to-eye with him, and then raised a single eyebrow. The soldier smiled and said, "There sure was a lot of 'em, huh, sir?"

GLAD IT'S NOT ME:

Things father's have said when their daughter is picked up for a date.

"If you pull into my driveway and honk you'd better be delivering a package, because you're sure not picking anything up."

"It is usually understood that in order for us to get to know each other, we should talk about sports, politics, and other issues of the day.

Please do not do this. The only information I require from you is an indication of when you expect to have my daughter safely back at my house, and the only word I need from you on this subject is **EARLY."**

To submit a funny story to us contact Niki by phone: (210) 860-2471 or E-mail: kaila.mcmenomy@us.army.mil

"There is no need for you to come inside. The camouflaged face at the window is mine"

Recipe Section

~Meatball Chili~

INGREDIENTS:

24 Italian Style Meatballs.....1-28oz. can crushed tomatoes
1-15oz. can tomato sauce.....1-15oz. can chili style beans
2 tsp. Worcestershire sauce.....1 cup chopped celery
3/4 cup chopped onions.....1/4 cup brown sugar
1-15oz. can black beans, drained and rinsed
2-3 Tbsp. chili powder

TO PREPARE:

Stovetop Method: Microwave meatballs on a microwave safe plate for about 2 minutes to thaw. Cut meatballs into quarters. In a large kettle, combine all ingredients and stir well.

Cover and simmer 25-30 minutes. Stir occasionally.

Slow Cooker Method: Follow instructions above. Place ingredients in slow cooker and cook on low heat 4-6 hours.

~Summer Salsa Salad~

INGREDIENTS:

1 can yellow corn.....1 can white corn
1 can black beans, drained and rinsed
3 cans Rotel tomato w/ green chilies
1 bunch chopped green onions
1 bunch chopped cilantro
4 Haas avocados, cut into cubes
1 fresh jalapeno, finely chopped
1 pkg. Italian dressing mix
1/4 cup vinegar.....1/4 cup water

TO PREPARE:

First mix package of Italian dressing mix with 1/4 cup vinegar and 1/4 cup water, mix well. Combine the first 8 ingredients in a large bowl, then pour the Italian mixture over and marinate over night. Best served cold, can be used as a salsa dip, or eaten as is like a salad.

Questions and Answers

Where do I go to get a Power Of Attorney?

The Soldier has to be the one to get the Power of Attorney (P.O.A.) for you. The Soldier get one during the Soldier Readiness Program (SRP) before the unit deploys, or the Soldier can go to the Judge Advocate General (JAG) Office to get one.

There are two JAG locations we are authorized to go to, the first is the 4th ID Jag office, the second is the III Corps Jag Office.

4th ID Jag Office is located on Battalion, between 24th Street

and 27th Street, in building 10045 (Rm. 22). Walk-ins are taken on Wednesdays ONLY from 9:30am-4:30pm. Any other day/time an appointment is required, please call (254) 287-1850 to make an appointment.

III Corps Jag Office is located as you enter through the main gate, in building 1001 (Rm. C-224, on the 2nd floor). Walk-ins are taken Mondays, Tuesdays, & Thursdays from 9:15am-11:30am. Wednesdays by appointment, they do ONLY Wills and P.O.A. from 9:15am-4:00pm. Any other day/time an appointment is required, please call (254) 287-7901 or (254) 287-3199 to make an appointment.

Meet & Greet

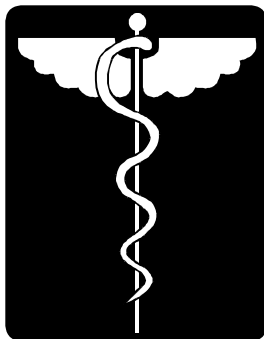
Hi everyone. My name is Mary Warstler. I am a FRG Point of Contact and married to 2LT Warstler. We have three children, Jessica, Daniel, and David. Jessica and Daniel are both freshmen in college and our oldest resides in California.

I was born in New Jersey but have lived in North Carolina for the past ten years. I have been in the nursing field for 14 years. Previously, I worked at Halyburton Naval Hospital at Cherry Point Marine Corps Air Station. Since arriving in Texas, I have been doing administrative medical office billing and insurance from home.

My husband, Jeff, is originally from Ohio. We have been married for five years. We met while he was stationed at Cherry Point. He used to work as an ejection seat mechanic in the Marine Corps. Upon his departure from the Marine Corps, Jeff took

a year off to do studies toward a Master's degree while waiting to start his job with the Army.

We have lived in North Carolina, Georgia, Virginia, and Texas, within the last year. The consensus among us is that we love being in Texas. The weather is wonderful and there is a lot of stuff to see and do within a short distance from here.



This is our first duty station in the Army and we feel we have received such a warm welcome upon our arrival. I am honored to be a part of Echo Company's FRG.

Kudos to Cindy Wayne and Niki McMenomy for getting such a strong FRG up and running! I have met some wonderful people at FRG functions and look forward to upcoming events. I hope more people decide to participate. It is such a great support system and a fun time.

Sincerely,
Mary Warstler

*To be featured in the next newsletter
contact Niki McMenomy by phone:
(210) 860-2471 or email:
kaila.mcmenomy@us.army.mil*



FRG
Newsletter
EFSC, 3-4 AVN REGT

To contribute to WARPATH contact:

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FRG Volunteer Staff Members:

Cindy Wayne - FRG Leader

Niki McMenomy - FRG Co-Leader, Newsletter Editor

Stephanie Wheeler - FRG Treasurer, P.O.C.

Theresa Ayala - FRG Alternate Treasurer, P.O.C.

Diane Friel - FRG Secretary, P.O.C.

Mary Warstler - FRG P.O.C.

POSITION OPEN - FRG Hospitality Manager

POSITION OPEN - FRG Hospitality Assistant

POSITION OPEN - FRG Hospitality Assistant

